



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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What's bugging us?

The Japanese beetles this year are as bad as I have seen. I



don't know if I am getting used to them though because I am not going crazy trying to get them off everything. We are co-existing this year somehow. The Flea Beetles really slowed down the egg plant. We have small egg plants but it will be a week or two before they make the boxes.

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Garden and Weather Report

Hello from the Gardens! We are actually watering again in the gardens this week.

We have watered the squashes, fall broccoli, egg plant and peppers especially. The cool weather during the day and



more so in the night time hours, does not help with the plants that really love the summer heat, i.e. egg plants and peppers. But the peppers are finally growing and big enough to start putting them in boxes.

We harvested tomatillos and on our first go around, we filled the bags for Wednesday and some for the Friday/Saturday pick ups. I think I will be able to get the 25 pounds I need for the Friday and Saturday group by Thursday as they are filling now

that we have watered them. But if you do not find them in your box, you will have them in the next

couple of weeks with the Jalapeno peppers and garlic in them.

I have included the green salsa recipe for the tomatillos and another one that Brenda Berg sent me that only uses 1 tomatillo. The white onions are not dry yet,

so keep those in the fridge.

I know I tell all of you that every year is different than the last, but I have to reiterate that this week too. Last year had to be the best growing year I have seen in the 9 years that I have had Beaver Creek Gardens CSA. It was incredible. The weather was perfect, insect pressure not too bad, rains frequent and in amounts that were helpful. Fast forward to this year and if we were telling the Three Bears Story,

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What's Inside

This is WEEK #9
of the 2017 Season
It's a B Week



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PRODUCE of the Week



Wash your Vegetables before cooking or eating raw.

Week 8 Produce

Summer Lettuce

Beets

Tomatillo Bag? [Read first page](#)

Celery

Onion

Pepper

Sweet Corn**

Tomatoes

Cucumbers**

Kale**

Sun Golds

?Tomatillos, jalapenos, garlic

*Not included in 1/2 bu. boxes

**Smaller size-amt. in 1/2 bu. boxes

Storage Information

Please make sure that you wash all your vegetables before consuming them. This week all vegetables should be kept in the mid 30 degree range in your refrigerator. Cucumber and Peppers are best kept at about 45 degrees. And of course - tomatoes should never be kept in the Fridge - it breaks down their cell structure and changes the taste!

This week we are featuring Jalapeno peppers and tomatillos.

The name jalapeño is Spanish for "from Xalapa" (also spelled Jalapa), the capital city of Veracruz, Mexico, where the pepper was traditionally cultivated. The name Xalapa is itself of Nahuatl origin, formed from roots xālli "sand" and āpan "water place".

In a 100 gram serving, raw jalapeños provide 29 calories and are an excellent source of vitamin C, vitamin B6 and vitamin E, with vitamin K in a moderate amount. Protein, dietary fiber, fat and other essential nutrients are low in content.

Compared to other chillies, the jalapeño heat level varies from mild to hot depending on cultivation and preparation and can have between 2,500 and 10,000 Scoville units. The number of scars on the pepper, which appear as small brown lines, called 'corking', has a positive correlation with heat level, as growing conditions which increase heat level also cause the pepper to form scars. For US consumer markets, 'corking' is considered unattractive; however, in other markets, it is a looked for trait, particularly in pickled or oil preserved jalapeños.

So watch the brown lines if you do not want the heat!

The tomatillo, also known as the Mexican husk tomato, is a plant of the nightshade family bearing small, spherical and green or green-purple fruit of the same name. Tomatillos originated in Mexico and were cultivated in the pre-Columbian era.

The wild tomatillo and related plants are found everywhere in the Americas except in the far north, with the highest diversity in Mexico. In 2017, scientists reported on their discovery and analysis of a fossil tomatillo found in the Patagonian region of Argentina, dated to 52 million years B.P. The finding has pushed back the earliest appearance of the Solanaceae plant family of which the tomatillos are one genus.

Tomatillos are a key ingredient in fresh and cooked Mexican and Central-American green sauces. The green color and tart flavor are the main culinary contributions of the fruit. Ripe tomatillos keep refrigerated for about two weeks. They keep even longer with the husks removed and the fruit refrigerated in sealed plastic bags. They may also be frozen whole or sliced.

Garden and Weather Report

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we would have to say that the weather was too cold, the insect pressure too hot and weather for the Beets, just right! So, even with the weather not being favorable to the likes of peppers, tomatoes and egg plant, I feel like I am Beeting you all to death. I planted beets in four beds with the hopes of getting 2 to 3 up and in good shape and what I got was all four producing like crazy. I will find another beet recipe for you and keep that up the rest of the season, because beets are where it is at this year!

We also had good weather for green beans and have another four beds of those coming the last half of the season. Oh - and the cucumbers - I have never seen such huge Mini Whites - an oxymoron like Jumbo Shrimp, right! These are larger than I have ever grown. The squash also look to be incredible this year, jury still out because we do have the darn squash bugs to deal with and it did take the butternut a while to germinate, but the other three varieties look great. I believe I am going to have more spaghetti squash this year than any other year I have grown that. So what one year giveth, the next taketh and giveth something else - profound?

Don't forget to save the date of September 30th for our Harvest Festival - I already have four or five huge orange pumpkins in the patch that I found the other day - they seem to be doing just fine as well. When I picked up the corn this morning for the Wednesday group, Dawn Reimer and I were talking about the weather, farming and the like and we actually asked ourselves why we do this crazy thing, growing with a partner like Mother Nature who can be so unforgiving sometimes - we decided it just gets in your blood. When I look at a tiny seed that I put in a 2 x 2 cell and it turns into a giant head of broccoli, well it not only amazes me, but thrills in a way that I just cannot explain. Enjoy your box, enjoy this perfect summer for Beets and Green Beans and have a great week!

This Weeks Photo's



Cubanelle pepper to the left and Mexican Sunflowers below - a Monarch butterfly favorite!



White onions in your box this week! They are still fresh so refrigerate



Martha's Beet Chips

INGREDIENTS

2 medium beets
1 teaspoon extra-virgin olive oil

DIRECTIONS

Preheat oven to 350 degrees, with racks in upper and lower thirds. Peel beets and slice 1/16 inch thick with a mandoline or sharp knife. In a large bowl, toss beets with extra-virgin olive oil. On two rimmed baking sheets (or use one sheet and bake in two batches), arrange beets in a single layer. Stack another rimmed baking sheet on top of each. Bake until edges of beets begin to dry out, about 20 minutes. Uncover and rotate sheets. Bake 10 to 20 minutes, removing chips as they become lightened in color. Transfer to a wire rack; chips will crisp up as they cool.

What's new?

Click on the code below to see what's going on at Beaver Creek Gardens!



Tips & Recipes

Chile Rellenos Pie

4 eggs
1/2 cup milk
1/4 cup chopped fresh cilantro
1 red bell pepper, diced
1 pinch salt
1 pinch ground black pepper
2 dashes jalapeno sauce
1 cup shredded Cheddar-Monterey Jack cheese blend
1 (4 ounce) can diced green chiles
1 tomatillo, diced
1 recipe pastry for a 9 inch single crust pie

Directions

Beat the eggs. Combine with milk, cilantro, bell pepper, spices, cheese, chiles, and tomatillo. Pour filling into the pie shell. Bake at 350 degrees F (175 degrees C) for 45 to 50 minutes, or until knife inserted in center comes out clean. Cool to room temperature. Garnish each individual piece of pie with a dollop of sour cream and drizzle with your favorite salsa!

Green Salsa - from Rick Bayless Frontera Grill

1 bunch of Cilantro
10 - (1 lb) tomatillos
4 cloves garlic
1 white onion (med.)
1-2 Jalapenos
1 lime

Directions: Slice tomatillos in half place on sheet with a little olive oil and roast with garlic at 350 degrees until the skin on the tomatillos is slightly brown (the brown is a great flavor in this recipe). Place the roasted tomatillos and garlic in a food processor, add the quartered white onion, jalapenos (take seeds out to keep it from getting too hot), cilantro and squeeze a lime into - process and jar. This will stay good in the refrigerator for months. You can cut up tomatoes into this for a Pico de Gallo and serve with tortilla chips, put over eggs - and anything else you want to "spice" up!

FREEZE - Roast beets and freeze them whole. Chop and freeze your celery. Chop and Freeze extra onions in zip-lock bags. When you are making something and realize you don't have an onion - go to the bag in the freezer! These are ways to enjoy the summer harvest in winter.

Don't forget to check the Internet for additional recipes. There are some great ones at Food Network or All Recipes.